

Top 10 FAQs for Fall



1. Quarantine & Isolation?
2. Testing - what test and when?
3. Masks - who, what, and when?
4. Vaccinations - what do I do now?
5. Travel - the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - the unique threats?
8. Family Safety Plans - updates?
9. How do I deal with Emergencies?
10. Trusted Information – Who do I trust?



Coronavirus Care
Community of Practice

Bystander Rescue Care
CareUniversity Series

Welcome



Charles Denham, MD

Chairman, TMIT Global
Founder Med Tac Bystander Rescue Care

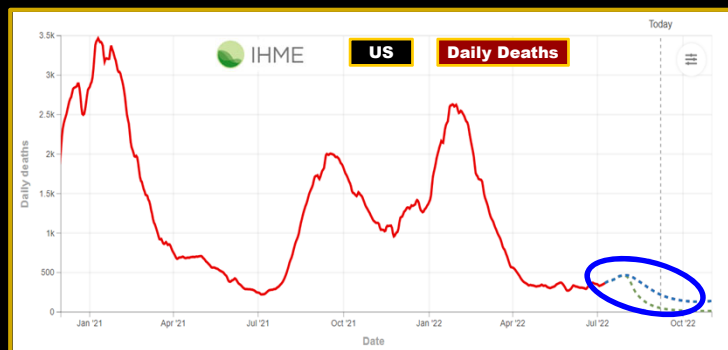
Med Tac Bystander Rescue Care
September 8, 2022

CareUniversity Webinar 193

2

Med Tac Bystander Rescue Care

US COVID Deaths

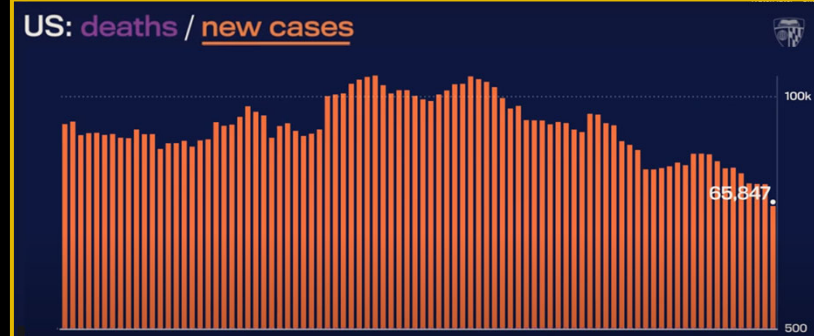


CareUniversity



Med Tac Bystander Rescue Care

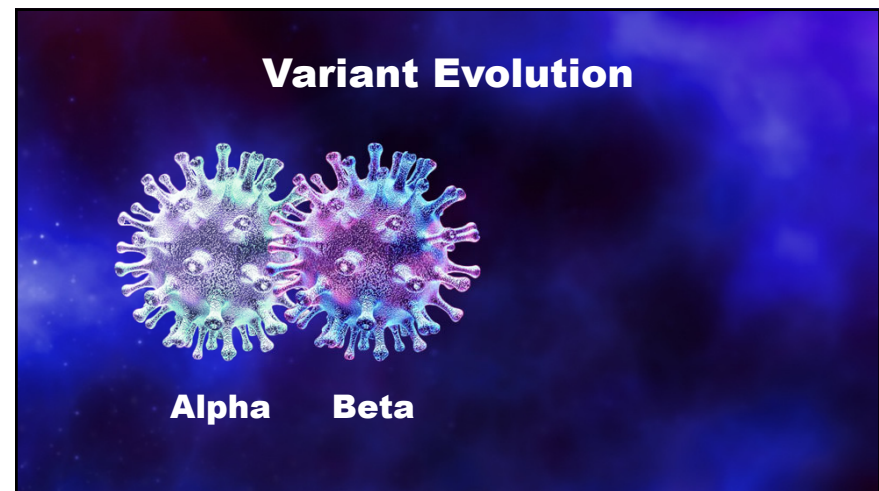
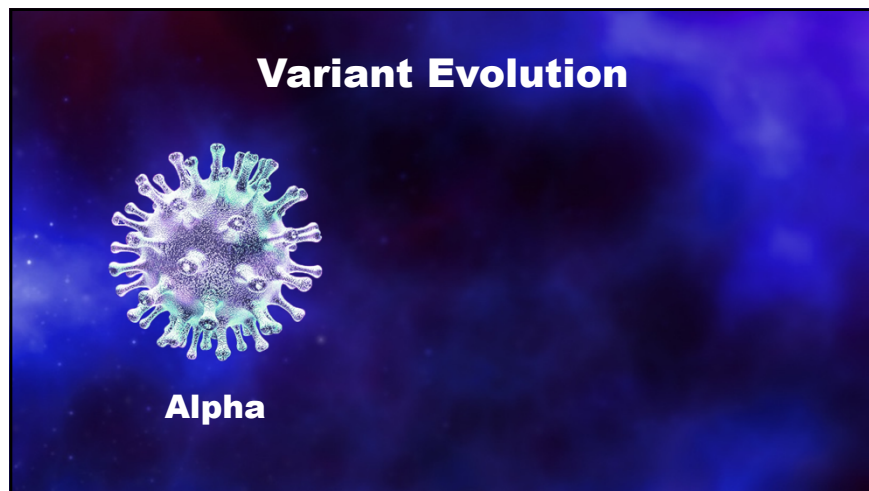
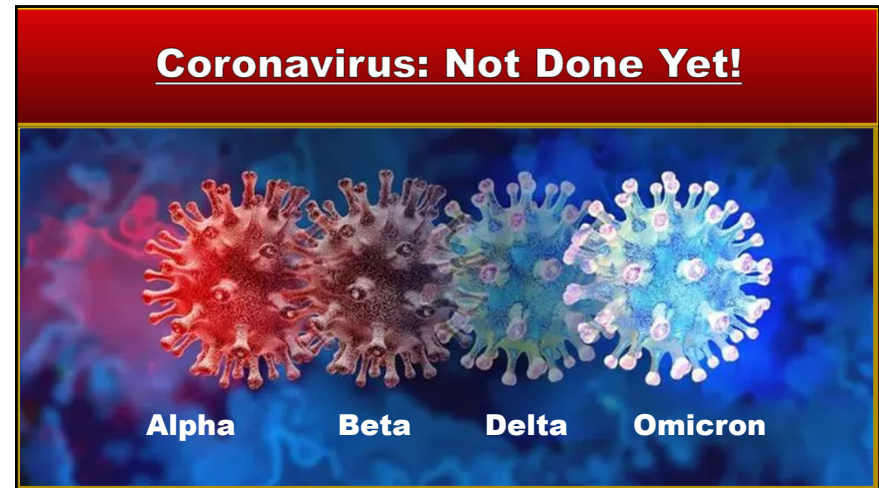
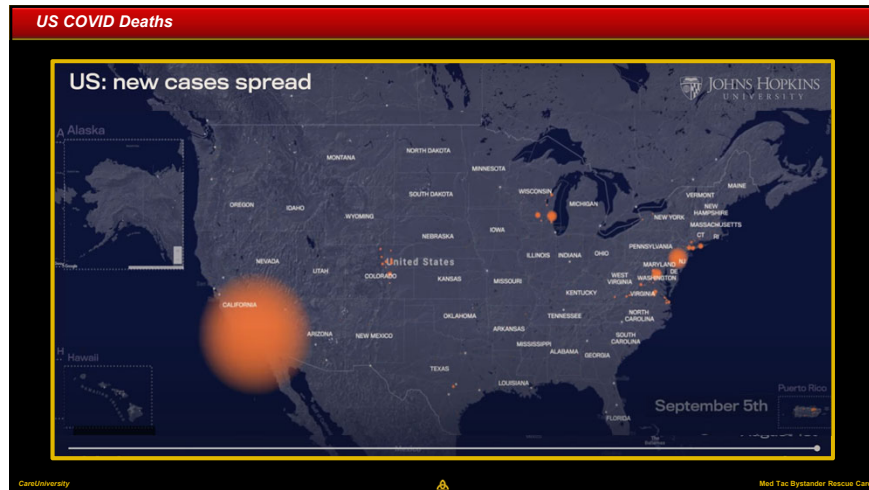
US COVID Deaths



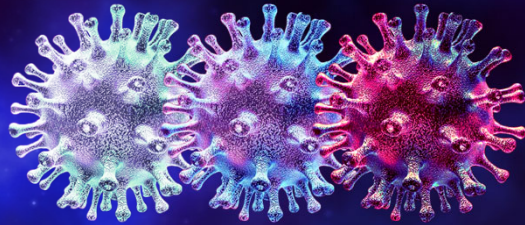
CareUniversity



Med Tac Bystander Rescue Care

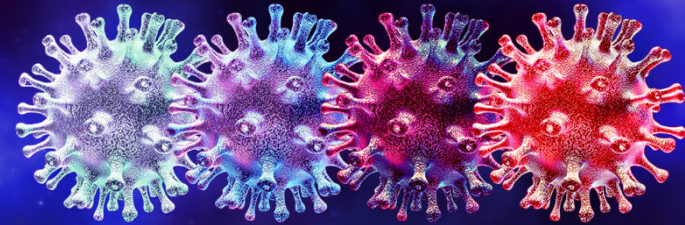


Variant Evolution



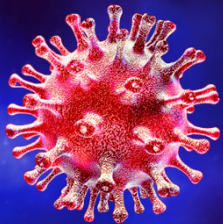
Alpha Beta Delta

Variant Evolution



Alpha Beta Delta Omicron

Variant Evolution



Omicron

Omicron BA-5 Subvariant

- Evasion of Natural Immunity
- Evasion of Vaccine Immunity
- The Vaccinated may get mild infections
- The Vaccinated get less severe disease with less mortality
- Even Mild Infections can cause Long COVID conditions



**Coronavirus Care
Community of Practice**

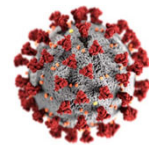
**Bystander Rescue Care
CareUniversity Series**

Voice of the Patient



Jennifer Dingman

Founder, Persons United Limiting
Substandard and Errors in Healthcare
(PULSE), Colorado Division
Co-founder, PULSE American Division
TMIT Patient Advocate Team Member
Pueblo, CO



Top 10 FAQs for Fall of 2022



1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them?
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. How do I deal with Emergencies?
10. Trusted Information - what source do I trust?



CareUniversity

Med Tac Bystander Rescue Care



Coronavirus Care Community of Practice

Bystander Rescue Care CareUniversity Series

Speakers & Reactors



Jennifer Dingman



Bill Adcox



Dr. Gregory Botz



Dr. Christopher Peabody



Charlie Denham III



Jennifer Dingman



Randy Styner



Heather Foster RN



David Beshk



Dr. Charles Denham

14

Med Tac Bystander Rescue Care



Coronavirus Care Community of Practice

Bystander Rescue Care CareUniversity Series

Our Purpose, Mission, and Values



Our Purpose:

We will measure our success by how **we protect and enrich the lives of families...patients AND caregivers.**



Our Mission:

To accelerate performance solutions that **save lives, save money, and create value** in the communities we serve and ventures we undertake.

CAREUNIVERSITY®

Our ICARE Values:

Integrity, Compassion, Accountability, Reliability, and Entrepreneurship.

A

15

Med Tac Bystander Rescue Care



Coronavirus Care Community of Practice

Bystander Rescue Care CareUniversity Series

Disclosure Statement

The following panelists certify that unless otherwise noted below, each presenter provided full disclosure information; does not intend to discuss an unapproved/investigative use of a commercial product/device; and has no significant financial relationship(s) to disclose. If unapproved uses of products are discussed, presenters are expected to disclose this to participants. None of the participants have any relationship pharmaceutical or device companies discussed in their presentations. The funding of the program is from the Denham Family fund of TMIT Global, a 501c3 Medical Research Organization

- Dr. Gregory Botz has nothing to disclose.
- Chief William Adcox has nothing to disclose.
- David Beshk has nothing to disclose.
- Charlie Denham III has nothing to disclose.
- Heather Foster RN has nothing to disclose.
- Christopher Peabody MD MPQ has nothing to disclose.
- Randy Styner has nothing to disclose.
- Jennifer Dingman has nothing to disclose.
- Dr Charles Denham has nothing to disclose.

Charles Denham, MD, is the Chairman of TMIT Global; a former TMIT education grantee of CareFusion and AORN with co-production by Discovery Channel for Chasing Zero documentary and Toolbox including models; and an education grantee of GE with co-production by Discovery Channel for Surfing the Healthcare Tsunami documentary and Toolbox, including models. HCC is a former contractor for GE and CareFusion, and a former contractor with Siemens and Nanosonics, which produces a sterilization device, Trophon. HCC is a former contractor with Senior Care Centers. HCC is a former contractor for ByoPlanet, a producer of sanitation devices for multiple industries. He does not currently work with any pharmaceutical or device company. His current area of research is in threat management to institutions including conflict of interest, healthcare fraud, and continuing professional education and consumer education including bystander care. Dr. Denham is the developer and producer of CareUniversity®, the learning management system providing continuing education materials for TMIT Global.

16

Med Tac Bystander Rescue Care

Coronavirus Care Community of Practice

Bystander Rescue Care
CareUniversity Series

September 5, 2022

Top 10 FAQs for Fall of 2022: Survive and Thrive!

Session Overview

The presentation is tailored to our Coronavirus Care Community members. However, these are critical questions we are all asking for this fall.

1. Epidemiology: How does the virus spread?
2. Symptoms: What are the signs and symptoms?
3. Testing: How do we know if we have it?
4. Treatment: What are the treatment options?
5. Prevention: How do we prevent it?
6. Vaccines: How do we know if we are vaccinated?
7. Long-term effects: What are the long-term effects?
8. Mental health: How do we deal with mental health issues?
9. Social media: How do we deal with social media?
10. Future: What is the future of the virus?

Our team of experts will weigh in on the audience based questions to answer these critical questions.

Webinar Video, and Downloads

The webinar will be available after the 30 minutes have passed.

Speaker Bios

The slides will be posted here within the webinar page.

Date, Time, Dial-in Information, & Objectives

September 5, 2022

- 11:00 AM - 12:00 PM Eastern Time
- 12:00 PM - 1:00 PM Central Time
- 1:00 PM - 2:00 PM Mountain Time
- 2:00 PM - 3:00 PM Pacific Time

Session Speakers and Panelists

<https://www.medtacglobal.org/webinarseptember2022/>

Coronavirus Care Community of Practice

2022 Q3 Progress Report

Change the World

Create

Household Safety

Convene

Connect

Celebrate

Daily Deaths U.S.

Coronavirus Care Community of Practice

2022 Q3 Progress Report

Change the World

Create

Household Safety

Convene

Connect

Celebrate

Daily Deaths U.S.

www.medtacglobal.org/coronavirus-response/

Survive & Thrive Guide: Keeping Your Family Safe

TMIT Global Research Test Bed & 500 Subject Matter Expert Pool

Survive & Thrive Guide: Keeping Your Family Safe

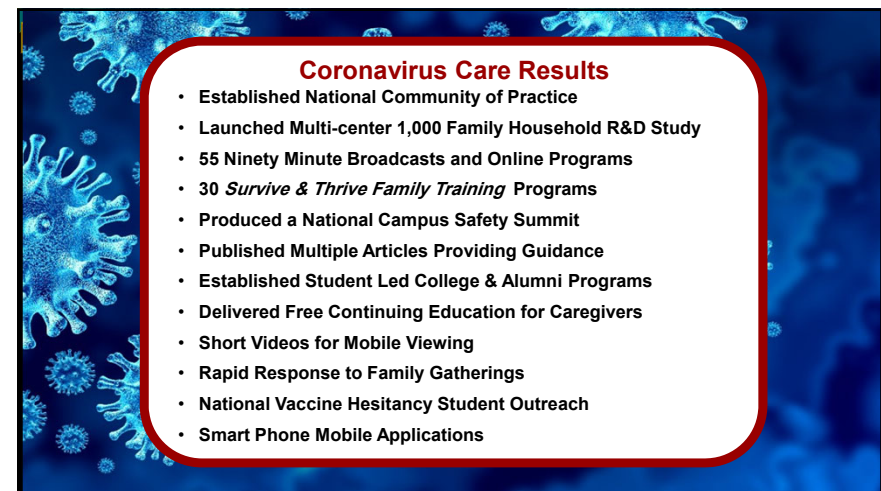
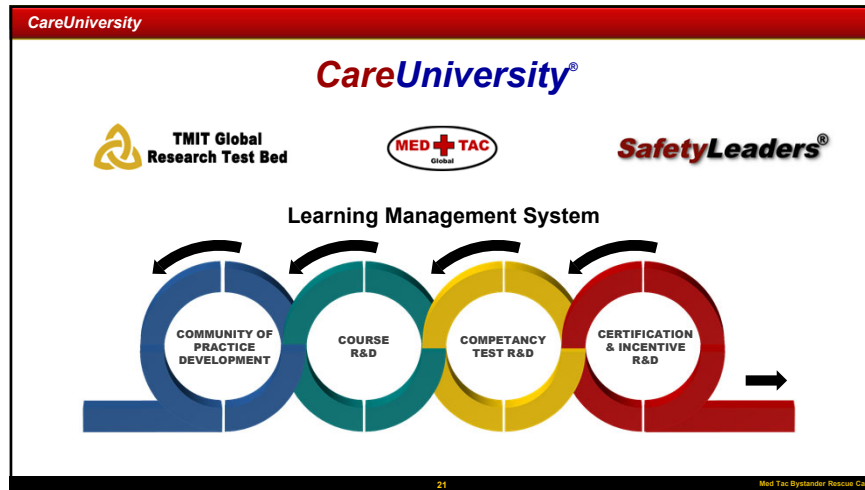
TMIT Global Research Test Bed

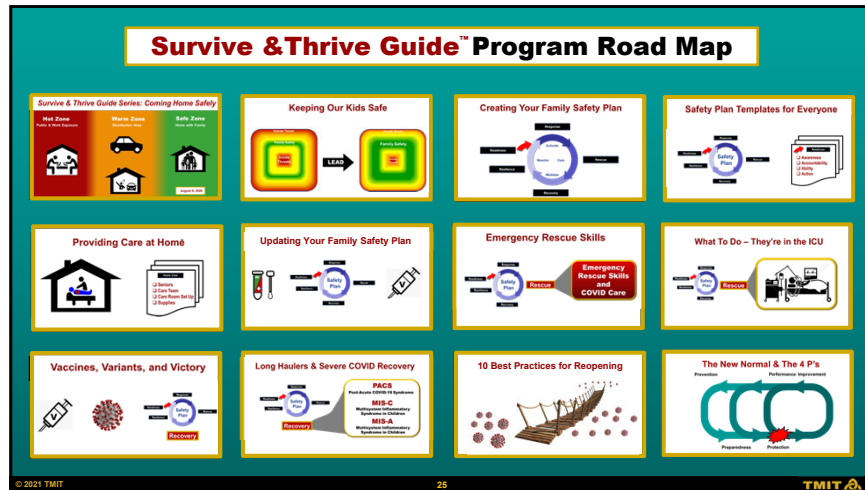
3,100 Hospitals in 3,000 Communities

500 Subject Matter Expert Pool Developed over 35 Years

Survive & Thrive Guide: Protecting Your Family

500 Subject Matter Experts





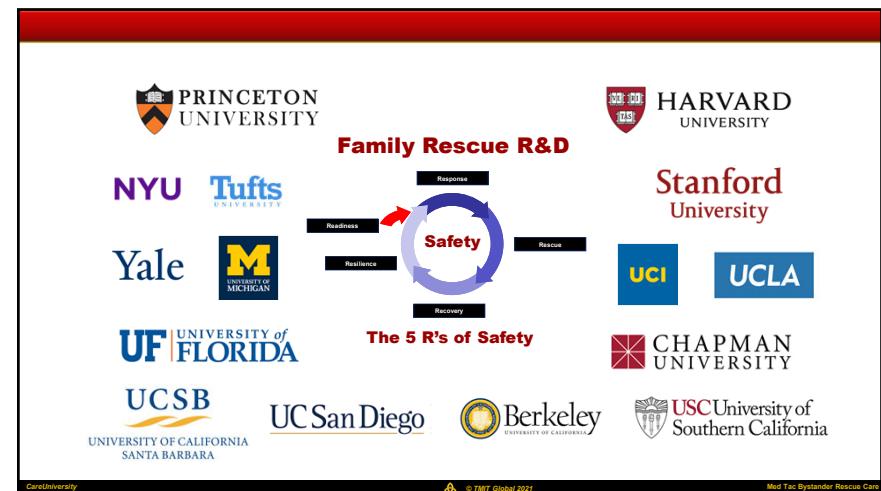
Coronavirus Care
Community of Practice

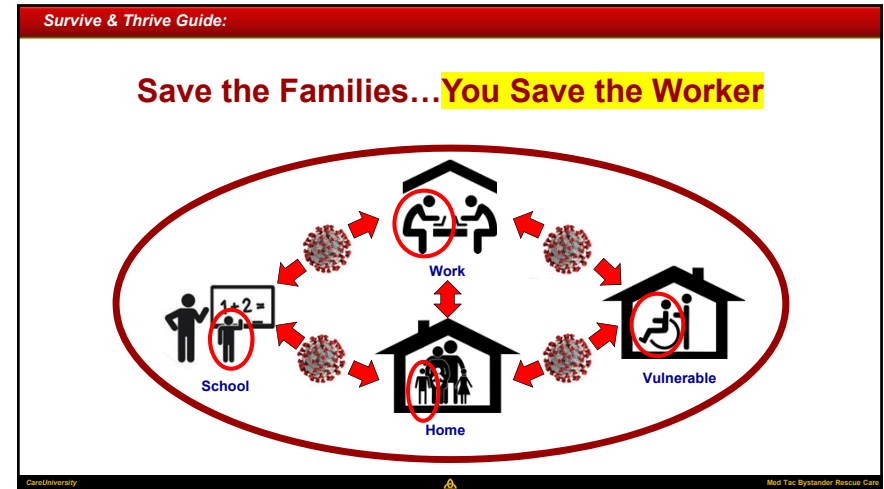
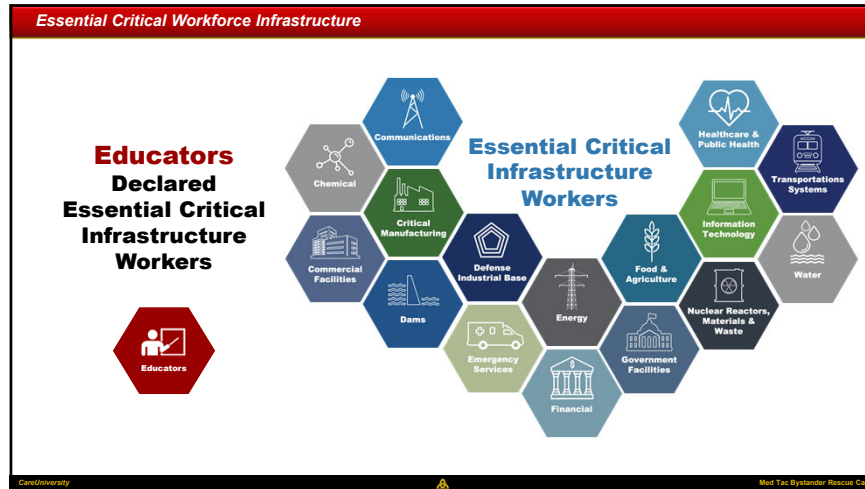
Bystander Rescue Care
CareUniversity Series

Youth & Young Adult Team

D Contreras EMT Harvard	Ivy Tran EMT Harvard	Nick Scheel UCSB	Sophia McDowell California Inst. of Arts	Audrey Lam EMT USC	Jacqueline Botz Chapman	Luis Licon UCI Alum	Melanie Rubalcava UCSD
Charlie Denham III High School Lead	Charlie Beall Stanford Alum	Marcus McDowell U of Cincinnati	Jaime Yrastorza UCSB Pre-med	Paul Bhatia EMT UCI Pre-med	D Policchio NYU Film	Manue Lopez Berkeley Alum	Preston Head III UCLA Alum

© 2021 TMIT 27 Med Tac Bystander Rescue Care





Monthly Webinars every first Thursday of the month at 1PM ET (Noon Central and 10AM PT). Free, video, and resources posted.

Short Video Topics

- Masks: Filter, Fit, and Finish
- Hand Washing & Disinfecting
- OSHA High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If not REED Emergency Care
- Why N95, Respirators, and ABEH
- Family Labeled Program
- Vaccination Conversation

SHORT TOPIC:

- Short Videos 4-10 min
- Critical Information
- Hits Pillars of Prevention

Survive & Thrive Guide Program Road Map

SURVIVE & THRIVE 90 MINUTE COURSES:

- Longer more detailed
- Webinar Recordings
- Technical Information

Related Resources

Care of the At Risk & Seniors at Home

www.medtacglobal.org/coronavirus-response/

Survive & Thrive Guide

1,000 Worker Study

The 5 R's of Safety

- Readiness
- Response
- Rescue
- Recovery
- Resilience

HEAD

HEART

HANDS

VOICE

CaroUniversity Med Tac Bystander Rescue Care

UNIVERSITY OF MINNESOTA

Search CIDRAP Go

CIDRAP Center for Infectious Disease Research and Policy

News & Perspective Infectious Disease Topics Antimicrobial Stewardship

TRENDING TOPICS COVID-19 Monkeypox Antimicrobial Stewardship Chronic W

COVID-19 Podcasts

The Osterholm Update: COVID-19 podcast began in March 2020. Each episode features discussion and analysis on the latest COVID-19 developments by Dr. Michael Osterholm and host Chris Dall.

CIDRAP and Osterholm Update: COVID-19 podcast merchandise is now **available for purchase**.

Please note that gifts from listeners like you enable CIDRAP to continue produce, host, and share the podcast on our site and across multiple platforms. Thank you for **your financial support!**

The Osterholm Update: COVID-19


- **Episode 112: A Reason for Hope** (September 1, 2022)
- **Episode 111: A High Plain Plateau** (August 18, 2022)
- **Episode 110: A COVID Marathon** (August 4, 2022)
- **Episode 109: Rejecting the Status Quo** (July 21, 2022)
- **Episode 108: Living with COVID** (July 8, 2022)

▶ CIDRAP Take
 ▶ COVID-19 Information
 ▶ Other News Resources
 ▶ Bibliography
 ▶ Higher Education
 ▶ Supply Chain Issues
 ▶ COVID-19 & Co-infections
 ▶ Podcasts
 ▶ Maps & Visuals

PREPAREDNESS AND

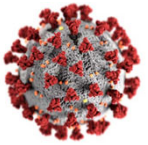
MED + TAC **Coronavirus Care Community of Practice** **Bystander Rescue Care CareUniversity Series**

The Next Normal: Left of Boom & 4P's



William Adcox MBA

Chief Security Officer
and Vice President
MD Anderson Cancer Center
Chief of Police,
University of Texas at Houston
Med Tac Lead Threat
Safety Scientist




34 Med Tac Bystander Rescue Care

What is the State of Our Safety Net?

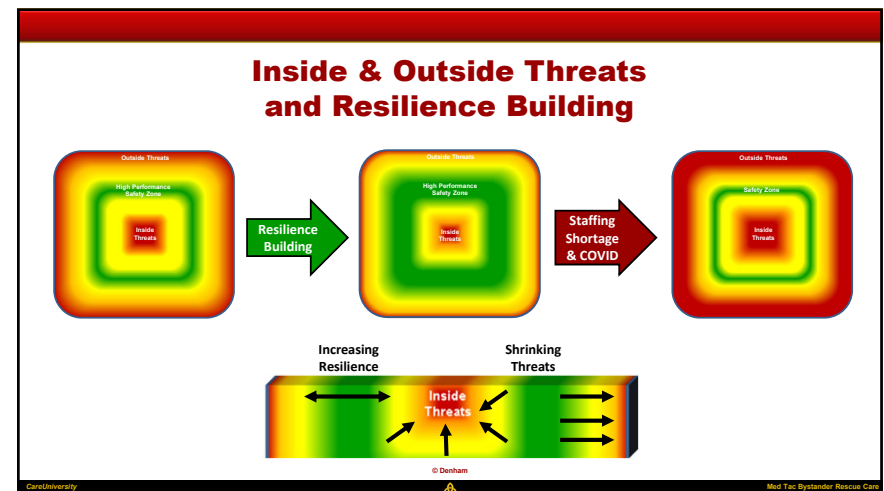
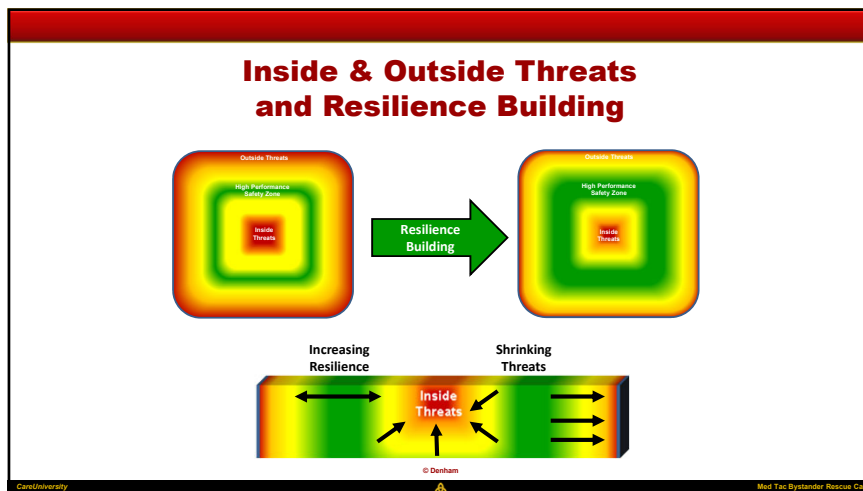
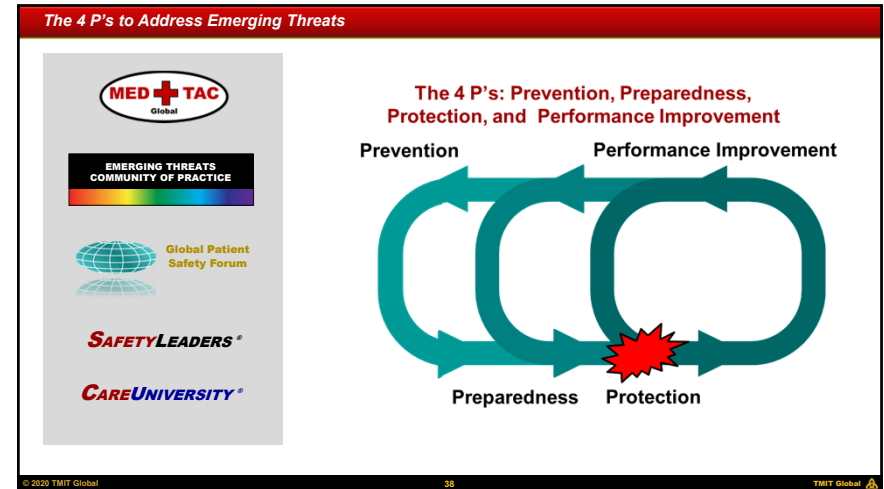
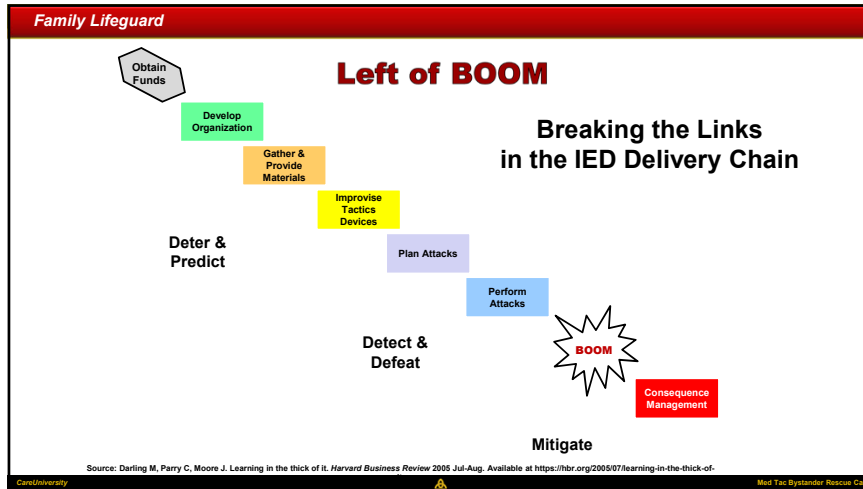


CaroUniversity Med Tac Bystander Rescue Care

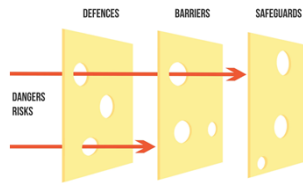
What is the State of Our Safety Net?

CaroUniversity Med Tac Bystander Rescue Care



SWISS Cheese Model



Professor James Reason

Source: <https://www.youtube.com/watch?v=KND9py-z8yI>



**Coronavirus Care
Community of Practice**

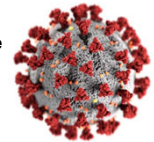
**Bystander Rescue Care
CareUniversity Series**

Comments on Swiss Cheese Model

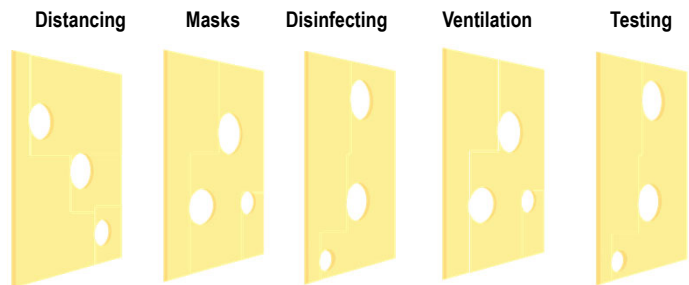


Gregory H. Botz, MD, FCCM

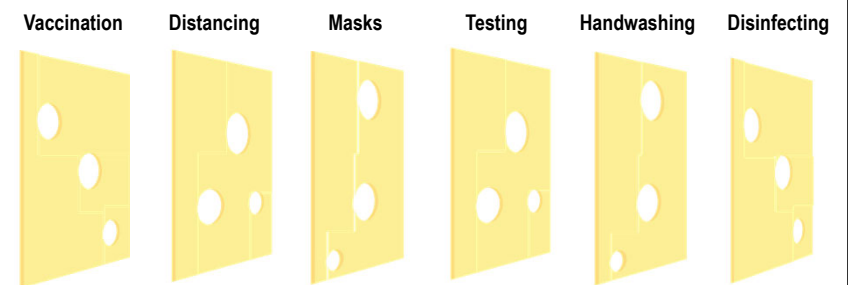
Professor of Anesthesiology and Critical Care
UT MD Anderson Cancer Center, Houston, TX
Adjunct Clinical Professor, Department of
Anesthesiology
Stanford University School of Medicine,
Stanford, CA



Original COVID Defense Strategies were Layers



Latest COVID Defense Strategies Add Layers



Survive & Thrive Guide: Protecting Your Family

Original Safe Practices

 **Social Distancing**  **Use of Masks** 

Hand Washing  **Disinfecting Surfaces** 

SOURCE: Centers for Disease Control

Survive & Thrive Guide: Protecting Your Family

Current Safe Practices

 **Social Distancing**  **Use of Masks**  **Vaccination** 

Hand Washing  **Disinfecting Surfaces**  **Testing** 

Quarantine  **Isolation** 

SOURCE: Adapted from the Centers for Disease Control and Enhanced by TMIT



Top 10 FAQs for Fall of 2022

1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them?
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. How do I deal with Emergencies?
10. Trusted Information - what source do I trust?

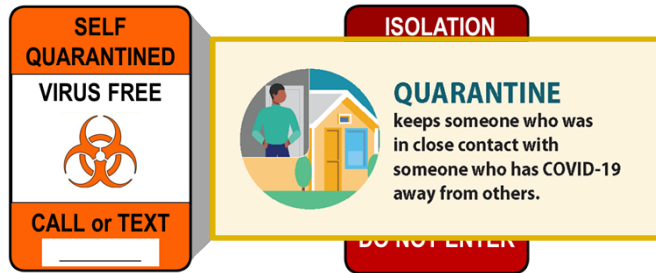
Top 10 FAQs for Fall of 2022

1. **Quarantine & Isolation - what's the latest?**
2. Testing - what test and when?
3. Masks - who, what, and when do I use them?
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. How do I deal with Emergencies?
10. Trusted Information - what source do I trust?

Quarantine versus Isolation



Source: Adapted from CDC Guidelines 12-27-21

CareUniversity

Med Tac Bystander Rescue Care

QUARANTINE

Keeps someone who was in close contact with someone who has COVID-19 away from others.

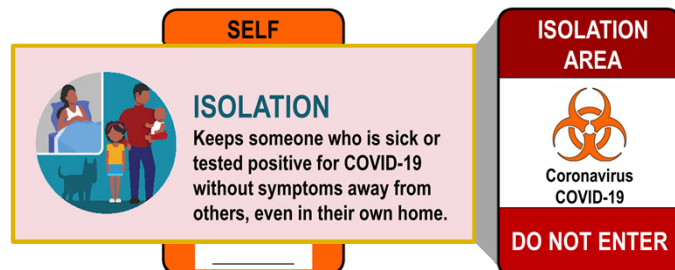
Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated and had the booster.

Source: Adapted from CDC Guidelines 12-27-21

CareUniversity

Med Tac Bystander Rescue Care

Quarantine versus Isolation



Source: Adapted from CDC Guidelines 12-27-21

CareUniversity

Med Tac Bystander Rescue Care

Isolation

If you test positive for COVID-19, **stay home for at least 5 days and isolate** from others in your home.


You are **likely most infectious** during these first 5 days.

- [Wear a high-quality mask](#) if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
- [Do not travel](#).
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).

Source: Adapted from CDC Guidelines 12-27-21

CareUniversity

Med Tac Bystander Rescue Care




Isolation

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home.


You are likely most infectious during these first 5 days.

- Wear a [high-quality mask](#) if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
- [Do not travel](#).
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).



Source: Adapted from CDC Guidelines 12-27-21

CareUniversity Med Tac Bystander Rescue Care



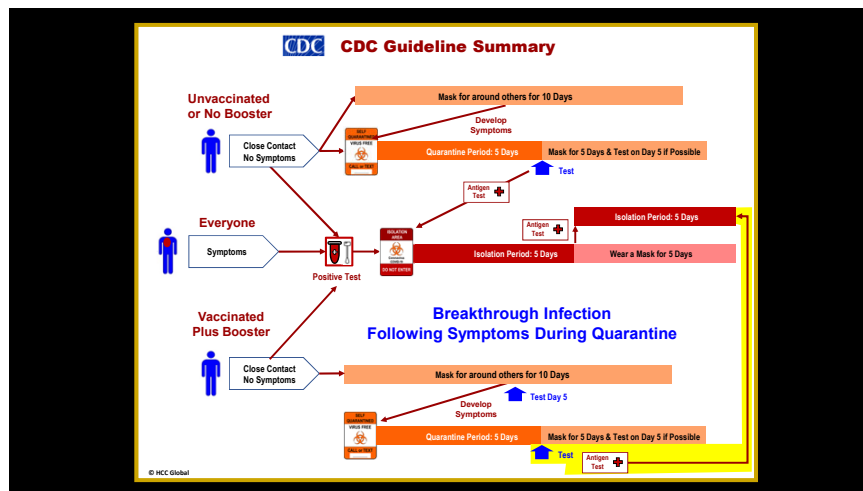
ISOLATION

Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).

Source: Adapted from CDC Guidelines 12-27-21

CareUniversity Med Tac Bystander Rescue Care



CDC

CDC streamlines COVID-19 guidance to help the public better protect themselves and understand their risk

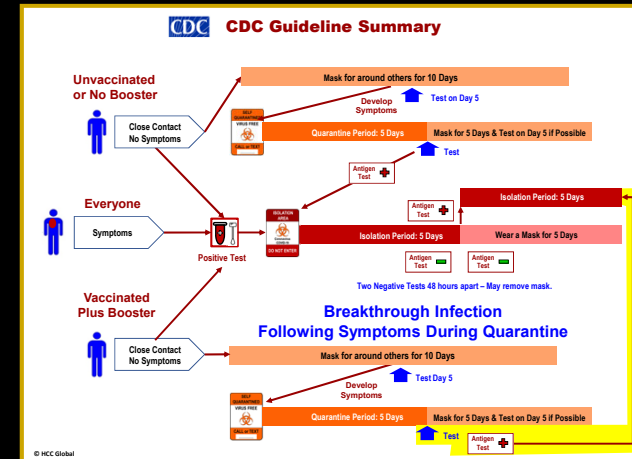
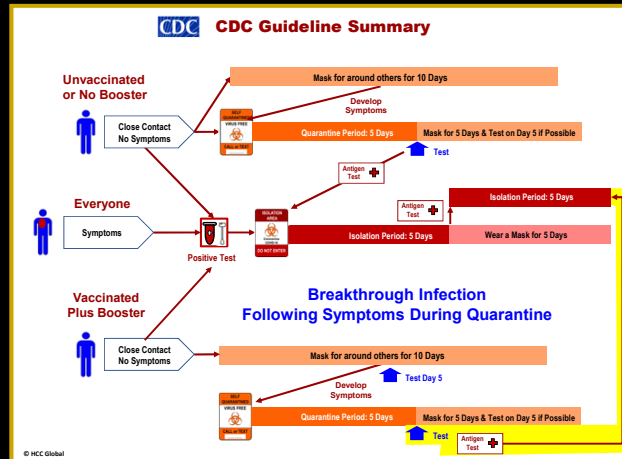
Press Release

Embargoed Until: Thursday, August 11, 2022, 3:00 PM ET
 Contact: [Media Relations](#)
 (404) 639-3286

Today, CDC is streamlining its COVID-19 guidance to help people better understand their risk, how to protect themselves and others, what actions to take if exposed to COVID-19, and what actions to take if they are sick or test positive for the virus. COVID-19 continues to circulate globally, however, with so many tools available to us for reducing COVID-19 severity, there is significantly less risk of severe illness, hospitalization and death compared to earlier in the

Source: <https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html>

CareUniversity Med Tac Bystander Rescue Care

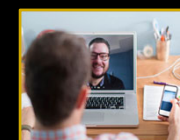


Top 10 FAQs for Fall of 2022

1. Quarantine & Isolation - what's the latest?
2. **Testing - what test and when?**
3. Masks - who, what, and when do I use them
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. How do I deal with Emergencies?
10. Trusted Information - what source do I trust?



The Right Test at the Right Time



Testing



Interpreting Your Results



If Your COVID-19 Test is Positive

Any positive COVID-19 test means the virus was detected and **you have an infection**.

- Isolate and take precautions including wearing a high-quality mask to protect others from getting infected.
- Tell people you had recent contact with that they may have been exposed.
- Monitor your symptoms. If you have any emergency warning signs, seek emergency care immediately.
- Consider contacting a healthcare provider, community health center [link](#), or pharmacy to learn about treatment options that may be available to you. Treatment must be started within several days after you first develop symptoms to be effective.
 - You are more likely to get very sick if you are an older adult or have an underlying medical condition. Possible treatment may be available for you.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

CareUniversity

Med Tac Bystander Rescue Care

Testing



If Your COVID-19 Test is

Negative

A negative COVID-19 test means the test did not detect the virus, but this **doesn't rule out that you could have an infection**. If you used an antigen test, see [FDA instructions on repeat testing](#) [link](#).

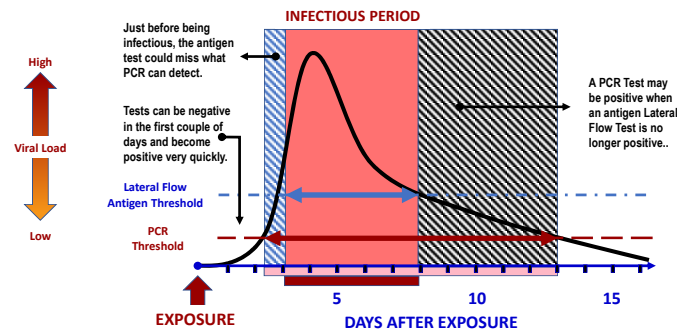
- If you have symptoms:
 - You may have COVID-19, but tested before the virus was detectable, or you may have another illness.
 - Take general public health precautions to prevent spreading an illness to others.
 - Contact a healthcare provider if you have any questions about your test result or if your symptoms worsen.
- If you do not have symptoms, but were exposed to the virus that causes COVID-19, you should continue to take recommended steps after exposure.
- If you do not have symptoms and you have not been exposed to the virus that causes COVID-19, you may return to normal activities.
 - Continue to take steps to protect yourself and others, including monitoring for symptoms. Get tested again if symptoms appear.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

CareUniversity

Med Tac Bystander Rescue Care

The WHO, WHAT, WHEN, and HOW to TEST



Most Important Tests: PCR & Rapid Antigen

RT-PCR



Rapid Antigen



Pros and Cons of Tests

PCR



- Gold Standard for Diagnosis
- Detects Virus Before Infectious
- Detects Virus Debris after Infectious
- Tie Breaker if Antigen Tests Unclear

Rapid Antigen



- Inexpensive
- Can be done At Home
- Positive when Infectious
- Risk of False Negative Result

Top 10 FAQs for Fall of 2022



1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. **Masks - who, what, and when do I use them**
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. How do I deal with Emergencies?
10. Trusted Information - what source do I trust?

CarrollUniversity



Med Tac Bystander Rescue Card

Take the Shot – Save a Life.

Why Mask...Vaccinated or Not?

- Can I CATCH it?
- Can I SPREAD it?
- Can I GET SICK NOW?
- Can I GET LONG HAUL?

Why Mask?

Vaccination Status	CATCH it?	SPREAD it?	GET SICK NOW?	GET LONG HAUL?
Unvaccinated	Yes	Yes	Yes	Yes
Vaccinated	Yes	Yes	Yes	Yes
Youth 12-17	Yes	Yes	Yes	Yes
Children Ages 2-12	Yes	Yes	Yes	Yes

Masks: Filter, Fit, and Finish



N95 Mask

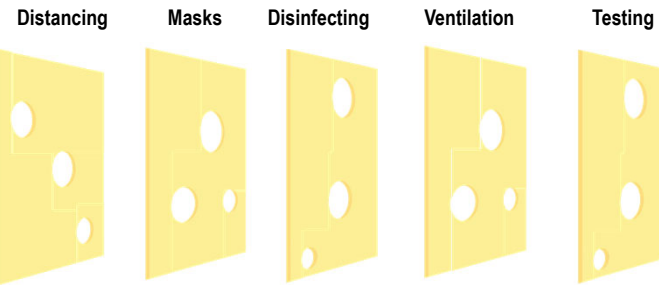


Surgical Mask



Cloth Mask

COVID Defense Strategies are Layers



Top 10 FAQs for Fall of 2022

1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them
4. **Vaccinations - what do I do now?**
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. How do I deal with Emergencies?
10. Trusted Information - what source do I trust?



AMA COVID-19 Update



CDC on COVID Booster Doses

Recommendations for Bivalent COVID-19 Booster Doses in People Ages 12 Years and Older

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People™
Emergency Preparedness and Response

Overview

During this COCA Call, presenters will discuss CDC's new guidance on bivalent COVID-19 booster doses for people ages 12 years and older, including those who are moderately or severely immunocompromised. COVID-19 vaccination provides protection against serious illness and outcomes associated with COVID-19, including emergency department or urgent care visits, hospitalizations, and death. Updated COVID-19 vaccines add an Omicron BA.4/5 spike protein component to the previous monovalent composition. These bivalent booster doses help restore protection that has waned since previous vaccination by targeting more transmissible and immune-evasive variants. These boosters also broaden the spectrum of variants that the immune system is ready to respond to.

Overview

During this COCA Call, presenters will discuss CDC's new guidance on bivalent COVID-19 booster doses for people ages 12 years and older, including those who are moderately or severely immunocompromised. COVID-19 vaccination provides protection against serious illness and outcomes associated with COVID-19, including emergency department or urgent care visits, hospitalizations, and death. Updated COVID-19 vaccines add an Omicron BA.4/5 spike protein component to the previous monovalent composition. These bivalent booster doses help restore protection that has waned since previous vaccination by targeting more transmissible and immune-evasive variants. These boosters also broaden the spectrum of variants that the immune system is ready to respond to.

Presenters

Sara Oliver, MD, MSPH
CDC, U.S. Public Health Service
Lead, COVID-19 Coordinating Unit
COVID-19 Response
Centers for Disease Control and Prevention

Elisa Hall, PhD, RD
Lead, Clinical Guidelines Vaccine Policy Unit
COVID-19 Response
Centers for Disease Control and Prevention

Evelyn Twiggman, MD, MPH
Lead, COVID-19 Vaccine Policy Unit
COVID-19 Response
Centers for Disease Control and Prevention

Anne M. Haux, PhD, MSPH
Vaccine Team Co-lead, Immunization Safety Office
National Center for Emerging and Zoonotic Infectious Diseases
Centers for Disease Control and Prevention

Call Details

When:
Tuesday, September 13, 2022,
2:00 PM - 3:00 PM ET

Webinar Link:
<https://www.cdc.gov/coca/2022/09/13/20220913-020000>

Webinar ID: 161 962 3732

Passcode: 302404

Telephone:
US: +1 669 254 5252 or +1 646
828 7668 or +1 551 285 1375 or
+1 668 276 7590

International Numbers: CS
One-up mobile:
US: +1 669 254 5252, +1 669 273 7236, +1
024048 or
+1 646 828 7668, +1 669 273 7236, +1
024048

Add to Calendar

Top 10 FAQs for Fall of 2022



1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them
4. Vaccinations - what do I do now?
5. **Travel - what is the safest approach?**
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. How do I deal with Emergencies?
10. Trusted Information - what source do I trust?

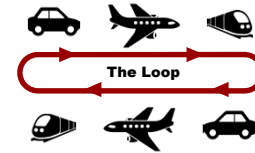


CareUniversity



Med Tac Bystander Rescue Care

Test to Travel Safer



- Assess Threats, Vulnerabilities and Risks
- Test Before Departure
- Maintain Safe Practices in Cars
- Practice Airport & Boarding Safety
- Practice Enroute Safety
- Repeat Airport Safety Practices
- Repeat Safe Practices in Cars
- Test Before Meeting
- Repeat Processes Going Home
- Test Upon Return Home

Save the Family...and You Save the Worker

CareUniversity



Med Tac Bystander Rescue Care

Top 10 FAQs for Fall of 2022



1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. **Kids & Youth- what's the latest?**
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. Vaccinations - what do I do now?
10. Trusted Information - what source do I trust?



CareUniversity



Med Tac Bystander Rescue Care



**Coronavirus Care
Community of Practice**

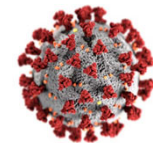
**Bystander Rescue Care
CareUniversity Series**

A 2022 Pediatric Update




Dr. Britteny Barto-Owens

Community Pediatrician
Med Tac Advisor
Coronavirus Community of Practice



76


Med Tac Bystander Rescue Care



Coronavirus Care
Community of Practice


Bystander Rescue Care
CareUniversity Series

Family Lifeguard Update for Fall of 2022



David Beshk

Award Winning Educator
Med Tac Master Instructor
Eagle Scout Advisor
Merit Badge Counselor



Charles R. Denham III

High School Student
Co-founder Med Tac Bystander
Rescue Care Program
Co-lead Lifeguard Surf Program
Junior Med Tac Instructor
Certified Lifeguard


77
Med Tac Bystander Rescue Care




Family Lifeguard

**Be Your
Family Lifeguard**

90% Prevention and 10% Rescue



Family Huddle Checklist

The Goal - Prevent Bubble Trouble
Maintain the Four Pillars: Distance, Mask Use, Hand Hygiene, and Disinfect Surfaces.

Before Event:

- ☐ Consider Rapid Antigen Testing
- ☐ Identify how to Optimize Ventilation
- ☐ Determine how to protect At-Risk Members
- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom – Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time

CareUniversity
Med Tac Bystander Rescue Care

Family Lifeguard

**CDC DATA GIVE MORE INSIGHT INTO SEVERE CHALLENGES
U.S. YOUTH HAVE ENCOUNTERED DURING COVID-19**

55%

REPORTED THEY
EXPERIENCED EMOTIONAL
ABUSE BY A PARENT
OR CAREGIVER¹


29%

REPORTED A PARENT OR
OTHER ADULT IN THEIR
HOME LOST A JOB

11%

REPORTED THEY
EXPERIENCED PHYSICAL
ABUSE BY A PARENT
OR CAREGIVER¹

For more information, visit
cdc.gov/nchhstp/newsroom



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

CareUniversity
Med Tac Bystander Rescue Care

Family Lifeguard

Holidays, Spring Break, Ski Week, and Vacations



Family Huddle Checklist

The Goal - Prevent Bubble Trouble
Maintain the Four Pillars: Distance, Mask Use, Hand Hygiene, and Disinfect Surfaces.

Before Event:

- ☐ Consider Rapid Antigen Testing
- ☐ Identify how to Optimize Ventilation
- ☐ Determine how to protect At-Risk Members
- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom - Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:


- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time



CardUniversity Med Tac Bystander Rescue Care

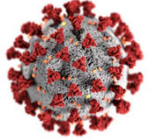
MED TAC **Coronavirus Care** **Bystander Rescue Care**
Community of Practice **CareUniversity Series**

Family Lifeguard Update for 2022



David Beshk

Award Winning Educator
Med Tac Master Instructor
Eagle Scout Advisor
Merit Badge Counselor





CardUniversity Med Tac Bystander Rescue Care

Family Lifeguard

What's New for 2022

90% Prevention and 10% Rescue
Community Immunity & Aerosol Transmission

Holiday Huddle Checklist

The Goal - Prevent Bubble Trouble
Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

Before Event:

- ☐ Know Vaccination Status of Guests
- ☐ Know Threat Status of Guests
- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom - Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Protect At-risk Guests - Apply the Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time

CardUniversity Med Tac Bystander Rescue Care

Family Lifeguard



Holiday Huddle Checklist

The Goal - Prevent Bubble Trouble
Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

Before Event:

- ☐ Know Vaccination Status of Guests
- ☐ Know Threat Status of Guests
- ☐ Assign Tasks to Family Members
- ☐ Prepare Separate Family Bubble Portions
- ☐ Set Up Handwashing Stations
- ☐ Develop a Bathroom Plan
- ☐ Prepare Bathroom - Optimize Ventilation
- ☐ Maintain Kitchen Hygiene

During Event:

- ☐ Convene Holiday Huddle with Guests
- ☐ Opening Prayer
- ☐ Describe Safe Family Bubbles
- ☐ Review Four Safety Pillars
- ☐ Protect At-risk Guests - Apply the Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

After Event:

- ☐ Glove up to Clean Up
- ☐ Soak Plates and Cutlery in Soapy Water
- ☐ Wipe down surfaces touched by guests
- ☐ Wipe down bathroom used by guests
- ☐ Meet to de-brief to be safer next time

CardUniversity Med Tac Bystander Rescue Care

Top 10 FAQs for Fall of 2022



1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. **College Students - what are the unique threats?**
8. Family Safety Plans - what are important updates?
9. Vaccinations - what do I do now?
10. Trusted Information - what source do I trust?



CardUniversity



Med Tac Bystander Rescue Care

Emergency Checklist:

✓ **Medical Power of Attorney**

✓ **Medical Power of Attorney**



CardUniversity



© TMBT Global 2021

Med Tac Bystander Rescue Care

Emergency Checklist:

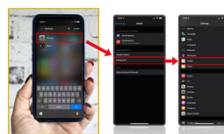
✓ **Medical Power of Attorney**

✓ **Smartphone ICE Notification**

✓ **Medical Power of Attorney**



✓ **Smartphone ICE Notification**



CardUniversity



© TMBT Global 2021

Med Tac Bystander Rescue Care

Emergency Checklist:

✓ **Medical Power of Attorney**

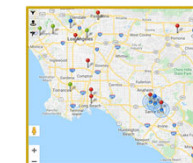
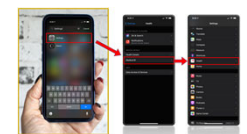
✓ **Smartphone ICE Notification**

✓ **Know Emergency Providers**

✓ **Medical Power of Attorney**



✓ **Smartphone ICE Notification**



CardUniversity




© TMBT Global 2021

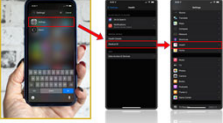
Med Tac Bystander Rescue Care

Emergency Checklist:

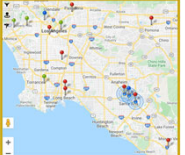
- ✓ **Medical Power of Attorney**
- ✓ **Smartphone ICE Notification**
- ✓ **Know Emergency Providers**
- ✓ **Medical Record Access**




Medical Power of Attorney



Smartphone ICE Notification



Know Emergency Providers

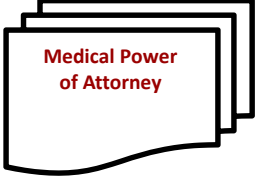


Medical Record Access

© TMT Global 2021 Med Tac Bystander Rescue Card

Emergency Checklist:

- ✓ **Medical Power of Attorney**
 - Over 18 Years of Age – Parents Out
 - The Immunocompromised
 - Seniors
- ☐ Smartphone ICE Notification
- ☐ Know Emergency Providers
- ☐ Medical Record Access

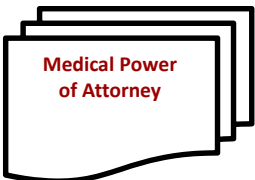


Medical Power of Attorney

© TMT Global 2021 Med Tac Bystander Rescue Card

Emergency Checklist:

- ✓ **Medical Power of Attorney**
 - Over 18 Years of Age – Parents Out
 - The Immunocompromised
 - Seniors
- ☐ Smartphone ICE Notification
- ☐ Know Emergency Providers
- ☐ Medical Record Access

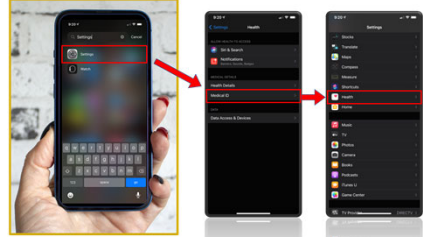


Medical Power of Attorney

© TMT Global 2021 Med Tac Bystander Rescue Card

Emergency Checklist:

- ✓ **Smartphone ICE Notification**
 - Record In Case of Emergency Contacts
 - Set ICE to be automatically notified
 - Train everyone to dial 911 with victim's phone
- ✓ **Medical Power of Attorney**
- ✓ **Smartphone ICE Notification**
- ☐ Know Emergency Providers
- ☐ Medical Record Access



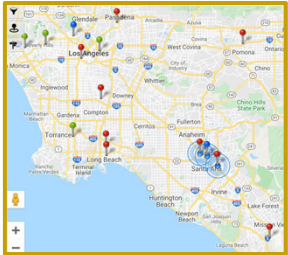
Smartphone ICE Notification

© TMT Global 2021 Med Tac Bystander Rescue Card

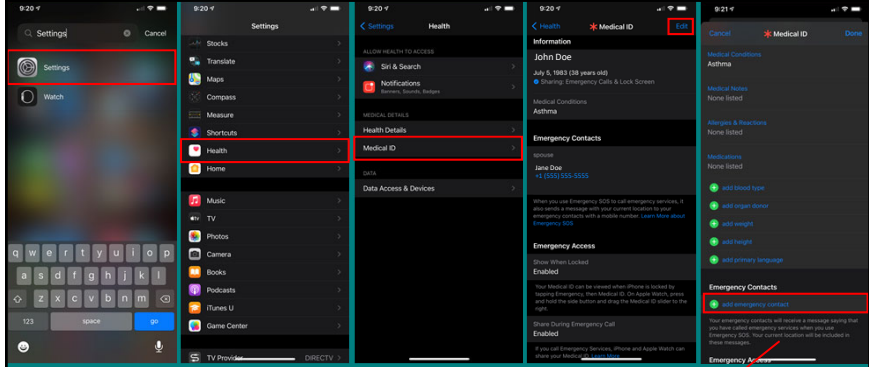
Emergency Checklist:

- ✓ Medical Power of Attorney
- ✓ Smartphone ICE Notification
- ✓ **Know Emergency Providers**
- ☐ Medical Record Access

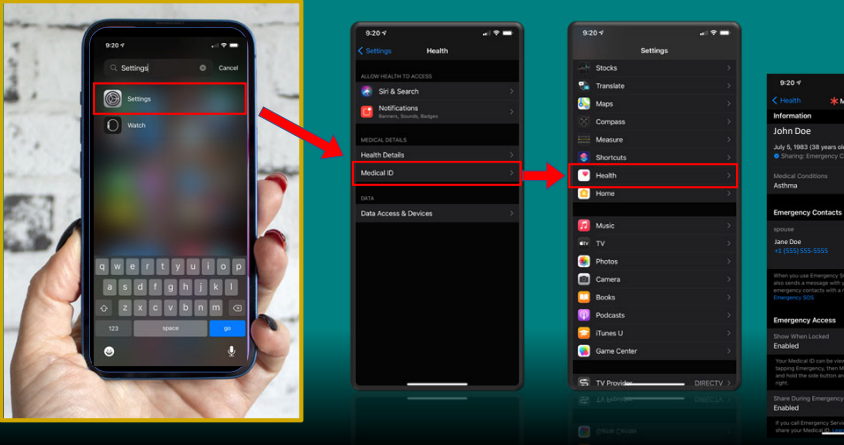
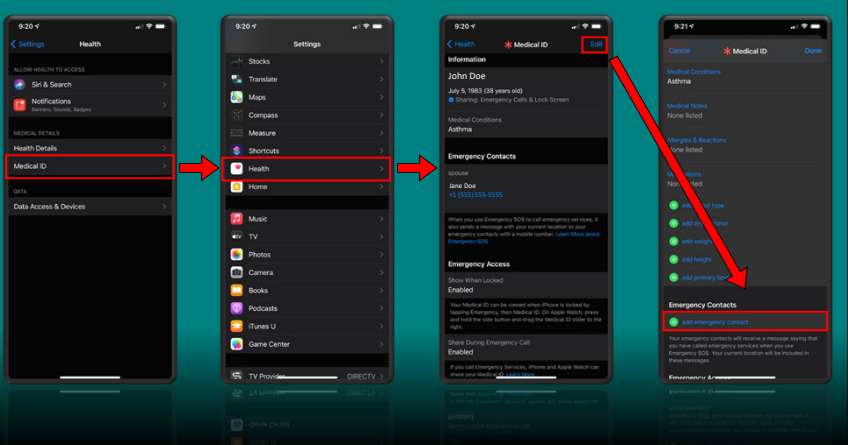
- ✓ **Know Emergency Providers**
- Level I Trauma Centers
- Best Emergency Providers near Home
- Best Emergency Providers on Trips

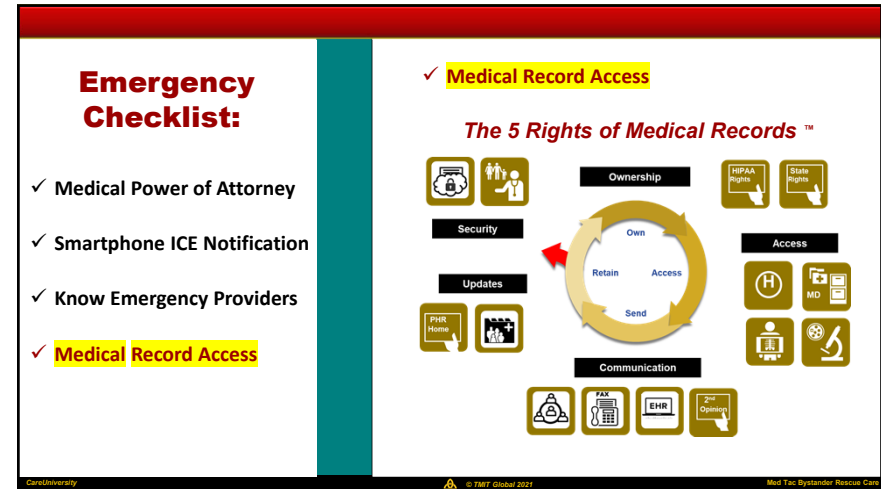
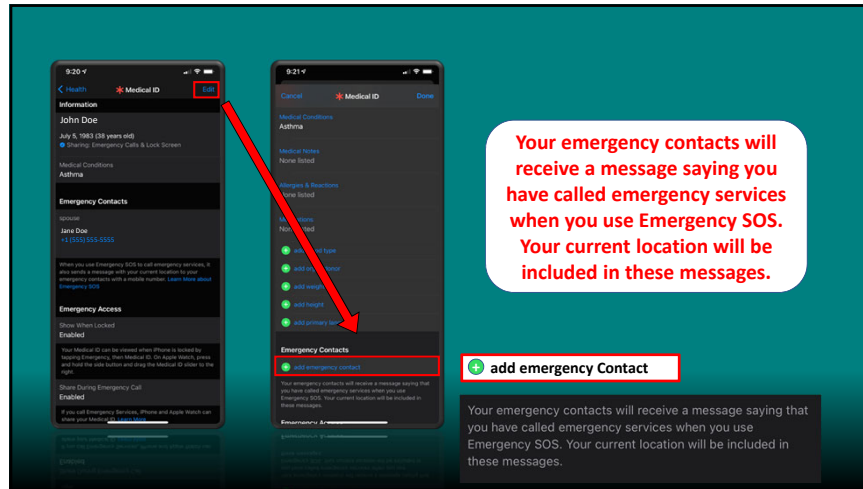


© TMF Global 2021 Med Tac Bystander Rescue Care



Your emergency contacts will receive a message saying that you have called emergency services when you use Emergency SOS. Your current location will be included in these messages.



Top 10 FAQs for Fall of 2022

1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them?
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. **Family Safety Plans - what are important updates?**
9. How do I deal with Emergencies?
10. Trusted Information - what source do I trust?

Survive & Thrive Guide

1,000 Worker Study

The 5 R's of Safety

**Coronavirus Care
Community of Practice**

**Bystander Rescue Care
CareUniversity Series**

The Next Normal: Our Family Safety Plan

Gregory H. Botz, MD, FCCM

Professor of Anesthesiology and Critical Care
UT MD Anderson Cancer Center, Houston, TX
Adjunct Clinical Professor, Department of
Anesthesiology
Stanford University School of Medicine,
Stanford, CA

101

Med Tac Bystander Rescue Care

Survive & Thrive Guide: Protecting Your Family

Family Health Safety Plans

Readiness: Preparation, regular review, and updating of a plan based on the latest science. Regular deliberate practice of roles and skills each family member undertake.

Resilience: Fortify response, rescue, and recovery actions in plan. In law enforcement and healthcare, we call this "target hardening".

Recovery: Follow up care of the family member after an event. Returning to normal family activities after a family member is infected and isolated, hospitalized, or under quarantine."

Response: Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.

Rescue: Regular deliberate practice of roles and skills to take a loved one to the Emergency Department if they have severe symptoms. This means having records and medications ready go with the patient.

© C Durham 2020

Med Tac Bystander Rescue Care

Family Rescue R&D

The 5 R's of Safety

Med Tac Bystander Rescue Care

NEW CNN REPORTING

LONG-COVID TREATMENT USES VIDEO GAME TO IMPROVE BRAIN FOG

NEW DAY

Med Tac Bystander Rescue Care

Top 10 FAQs for Fall of 2022



1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. **How do I deal with Emergencies?**
10. Trusted Information - what source do I trust?



CareUniversity



Med Tac Bystander Rescue Care



Coronavirus Care
Community of Practice

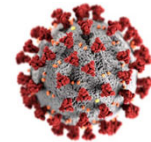
Bystander Rescue Care
CareUniversity Series

Message to Families – An Update for Fall of 2022



Christopher Peabody MD MPH

Associate Professor
Emergency Medicine
Director Acute Care
Innovation Center
University of California
San Francisco



Video 6 Minutes



108

Med Tac Bystander Rescue Care

Video Library

Med Tac Story

Med Tac Leadership Team

Adopt a Cove Program

5 Rights of Emergency Care

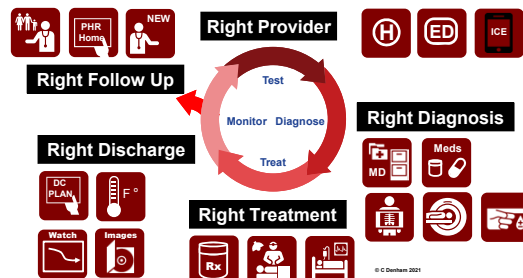
College and Youth Program

Surf & Lifeguard Program

3 Minutes & Counting Trailer

Opioid Overdose Briefing

The 5 Rights of Emergency Care™



© G. Dierksen 2021

CareUniversity



Med Tac Bystander Rescue Care

CareUniversity

CareUniversity®



SafetyLeaders®

Certificates for Med Tac Program



AMERICAN COLLEGE OF SURGEONS
Inspiring Quality:
Highest Standards, Better Outcomes
100+ years



American
Heart
Association®
Heartsaver® First Aid CPR AED



108

Med Tac Bystander Rescue Care

Top 10 FAQs for Fall of 2022



1. Quarantine & Isolation - what's the latest?
2. Testing - what test and when?
3. Masks - who, what, and when do I use them
4. Vaccinations - what do I do now?
5. Travel - what is the safest approach?
6. Kids & Youth- what's the latest?
7. College Students - what are the unique threats?
8. Family Safety Plans - what are important updates?
9. Vaccinations - what do I do now?
10. **Trusted Information - what source do I trust?**



CaroUniversity



Med Tac Bystander Rescue Care

Misinformation, Disinformation, and Malinformation



The Narrative and Competing Narratives



The **NARRATIVE** is the story that is told that makes sense of a version of the facts that support the argument made by an organization or individual. Attorneys will take advantage of the existence or absence of documentation to support their clients. It is critical that patients manage their medical documentation and supplement it to protect themselves.

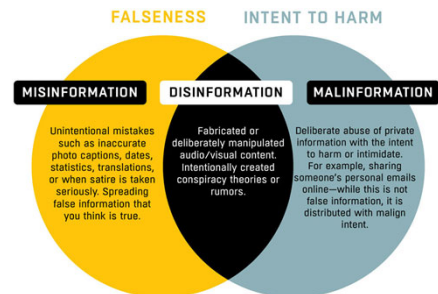


CaroUniversity



Med Tac Bystander Rescue Care

Misinformation – Disinformation - Malinformation



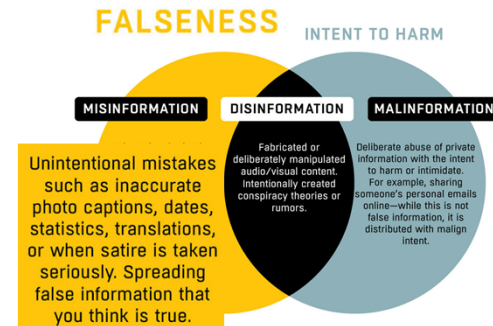
Turn the Science into Safety™

CaroUniversity



Med Tac Bystander Rescue Care

Misinformation – Disinformation - Malinformation



Turn the Science into Safety™

CaroUniversity

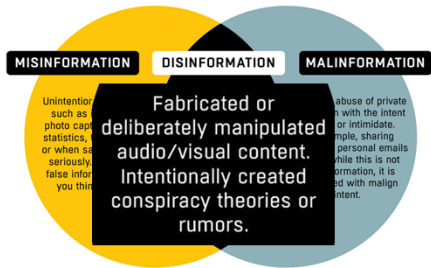


Med Tac Bystander Rescue Care

Misinformation – Disinformation - Malinformation

FALSENESS

INTENT TO HARM



Turn the Science into Safety.

CareUniversity

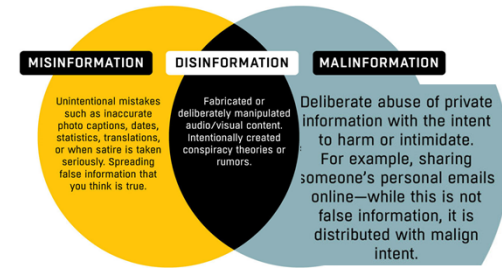


Med Tac Bystander Rescue Care

Misinformation – Disinformation - Malinformation

FALSENESS

INTENT TO HARM



Turn the Science into Safety.

CareUniversity



Med Tac Bystander Rescue Care



Coronavirus Care
Community of Practice

Bystander Rescue Care
CareUniversity Series

Speakers & Reactors



Jennifer Dingman



Bill Adcox



Dr. Gregory Botz



Dr. Christopher Peabody



Charlie Denham III



Jennifer Dingman



Randy Styner



Heather Foster RN



David Beshk



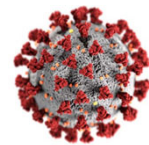
Dr. Charles Denham

Voice of the Patient



Jennifer Dingman

Founder, Persons United Limiting
Standard and Errors in Healthcare
(PULSE), Colorado Division
Co-founder, PULSE American Division
TMIT Patient Advocate Team Member
Pueblo, CO



Coronavirus Care
Community of Practice

Bystander Rescue Care
CareUniversity Series

116

Med Tac Bystander Rescue Care

Fight the Good Fight...

Finish the Race...

Keep the Faith...

Everyone is a Patient

and

Everyone **CAN BE a Caregiver**

Additional Resources

High Impact Care Hazards to Patients, Students, and Employees

<https://www.medtacglobal.org/>

Bystander Care Training is a critical need in all communities. The preventable deaths we see in the news are the tip of the iceberg. Our program is a Good Samaritan support system to help everyone learn life-saving actions that will save lives.

High Impact Care Hazards are conditions that are frequent, severe, preventable, and measurable. We have identified the leading causes of death that strike children, youth, and those in their workforce years. We provide evidence-based bystander care training that can have the greatest impact.

Bystander Rescue Skills are the competencies that bystanders can learn that will save lives in the few precious minutes before the professional first responders arrive. Such behaviors can be learned by children, adults, and entire families. We have programs for children, adults, law enforcement, educators, lifeguards, and caregivers.

MedTac is the only integrated program addressing the top causes of death of otherwise healthy children, youth, and adults in the workforce. Med Tac partners with terrific on-site trainers from great organizations who are already in the community.

Cardiac Arrest

Choking & Drowning

Opioid Overdose

Anaphylaxis

Major Trauma

Infection Care

Transportation Accidents

Bullying


Med Tac Bystander Rescue Care

High Impact Care Hazards to Patients, Students, and Employees




- Cardiac Arrest
- Choking & Drowning
- Opioid Overdose
- Anaphylaxis
- Major Trauma
- Infections
- Transportation Accidents
- Bullying


Active Shooter Healthcare Article



Rapid Response Teams Article



AED & Bleeding Control Gear Article



Family Safety Plan Article



Take the Shot... Save a Life.




A Medical-Tactical Approach undertaken by clinical and non-clinical people can have enormous impact on loss of life and harm from very common hazards:

- High Impact Care Hazards** are frequent, severe, preventable, and measurable.
- Lifeline Behaviors** undertaken by anyone can save lives.

Support today's webinar

Med Tac Bystander Rescue Care

High Impact Care Hazards to Patients, Students, and Employees



<https://www.medtacglobal.org/>

- Cardiac Arrest
- Choking & Drowning
- Opioid Overdose
- Anaphylaxis
- Major Trauma
- Infection Care
- Transportation Accidents
- Bullying

Bystander Care Training is a critical need in all communities. The preventable deaths we see in the news are the tip of the iceberg. Our program is a Good Samaritan support system to help everyone learn life-saving actions that will save lives.

High Impact Care Hazards are conditions that are frequent, severe, preventable, and measurable. We have identified the leading causes of death that strike children, youth, and those in their workforce years. We provide evidence-based bystander care training that can have the greatest impact.

Bystander Rescue Skills are the competencies that bystanders can learn that will save lives in the few precious minutes before the professional first responders arrive. Such behaviors can be learned by children, adults, and entire families. We have programs for children, adults, law enforcement, educators, lifeguards, and caregivers.

MedTac is the only integrated program addressing the top causes of death of otherwise healthy children, youth, and adults in the workforce. Med Tac partners with terrific on-site trainers from great organizations who are already in the community.

Med Tac Bystander Rescue Care

The Solution: Bystander Rescue Care

Cardiac Arrest



Choking & Drowning



Opioid OD & Poisoning



Anaphylaxis



Major Trauma



Infection Care



Transportation



Bullying



Med Tac Bystander Rescue Care


The Solution: Bystander Rescue Care

Cardiac Arrest



Sudden Cardiac Arrest: There is an epidemic of SCA with one quarter of the SCA events in children and youth occurring at sporting events. CPR and AED use have a dramatic impact on survival.
Possible Lives Saved in the US: 2 every hour and 3 children per day at a sporting event - 39% of SCA deaths in children occur at such events.


Choking & Drowning



Choking: More than 100,000 lives have been saved with the Heimlich Maneuver. Most choking deaths are preventable.
Possible Lives Saved in the US: 13 per day


Drowning: By population, drowning and near drowning events are very common. Since much of the OC population is near water, the numbers are likely much greater.
Possible Lives Saved in the US: 8 per day

Opioid OD & Poisoning



Opioid Overdose and Poisoning: An exploding opioid OD crisis is gripping our nation with a great toll on families. Narcan opioid reversal agents, rescue breathing and positioning, and rapid EMS response saves lives. Awareness drives prevention.
Possible Lives Saved in the US: There are 197 OD deaths per day. Up to 8 lives may be saved per hour.

Anaphylaxis




Anaphylaxis & Life-Threatening Allergies: Many events are unreported, however 22% occur in children without a prior diagnosis of allergies. More than one in twenty adults will have an anaphylactic event in their lifetime. Epinephrine auto-injectors save lives within minutes.
Possible Lives Saved in the US: 1 per day

Major Trauma




Major Trauma & Bleeding: Bystander care especially for major bleeding using Stop-The-Bleed techniques of wound pressure, bandages, and tourniquets can have an enormous impact on survival.
Possible Lives Saved in the US: 1 per hour

Infection Care




Infection Care: Epidemics, pandemics, and seasonal infections are a leading cause of death. Prevention, preparedness, protection, and performance improvement strategies and tactics are critical to save lives and inform all Med Tac efforts. They are a feature of all Med Tac Bystander Rescue Care.
Possible Lives Incurable:

Transportation



Non-traffic Related Vehicular Accidents: The incidence of non-traffic related drive-over accidents near schools and homes is greater than 50 per week. More than 60% of the drivers are a parent or friend.
Possible Lives Saved in the US: Including adults, there are 1,900 deaths per year; many are preventable.

Bullying



Bullying & Workplace Violence: Bullying and abuse of power in schools and at work can lead to suicide, workplace violence, violent intruders, and active shooter events.
Possible Lives Saved in the US: Difficult to estimate, however the consensus is that they are likely to be very significant.

Med Tac Bystander Rescue Care

Med Tac Rescue Stations



Soaring Eagle Award

Soaring Eagle Awards:
David Beshk
Danny Policchichio

Lives Saved by Med Tac
Bystander Rescue Care
Trainers in Community



Full Rescue Station



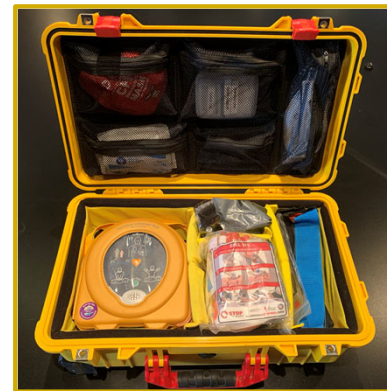
Rescue Station Stand:

- Treated Wood
- Stainless Steel and Bronze Cleats
- Aluminum Signage
- Quick Release Bungee Cords for easy access

Rescue Gear:

- Dedicated 911 phone
- Soft Rescue Tubes
- Rescue Surfboard
- Spine board

Care Case of Rescue Gear

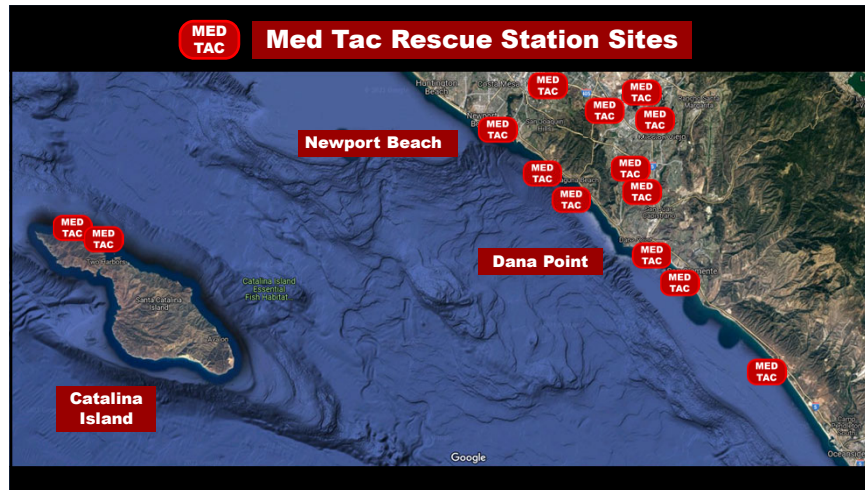


Care Case:

- AED
- Stop the Bleed Kits
- CPR Rescue Masks
- COVID Safety Gear

Approved by Advisors:

- OC Lifeguards
- Laguna Beach Lifeguards
- Emergency Medicine MDs
- Critical Care MDs
- Infection Control Experts



Med Tac Bystander Rescue Care

Cardiac Arrest



Sudden Cardiac Arrest: There is an epidemic of SCA with one quarter of the SCA events in children and youth occurring at sporting events. CPR and AED use have a dramatic impact on survival.

Possible Lives Saved in the US: 2 every hour and 3 children per day at a sporting event – 25% of SCA deaths in children occur at such events.

COVID-19 and Adult CPR

If an adult's heart stops and you're worried that they may have COVID-19, you can still help by performing Hands-Only CPR.



Step 1	Step 2	Step 3	Step 4
Phone 9-1-1 and get an AED.	Cover your own mouth and nose with a face mask or cloth.	Cover the person's mouth and nose with a face mask or cloth.	Use an AED as soon as it is available.

Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

© 1/2021 AHA © 2021 American Heart Association

CardUniversity

© TMT Global 2021

Med Tac Bystander Rescue Care

Med Tac Bystander Rescue Care

Cardiac Arrest



Sudden Cardiac Arrest: There is an epidemic of SCA with one quarter of the SCA events in children and youth occurring at sporting events. CPR and AED use have a dramatic impact on survival.

Possible Lives Saved in the US: 2 every hour and 3 children per day at a sporting event – 25% of SCA deaths in children occur at such events.



CardUniversity

© TMT Global 2021

Med Tac Bystander Rescue Care

Med Tac Bystander Rescue Care

Choking & Drowning



Choking: More than 100,000 lives have been saved with the Heimlich Maneuver. Most choking deaths are preventable.

Possible Lives Saved in the US: 13 per day

Drowning: By population, drowning and near drowning events are very common. Since much of the OC population is near water, the numbers are likely much greater.

Possible Lives Saved in the US: 8 per day




CardUniversity

© TMT Global 2021

Med Tac Bystander Rescue Care

Med Tac Bystander Rescue Care

Opioid OD & Poisoning



Opioid Overdose and Poisoning: An exploding opioid OD crisis is gripping our nation with a great toll on families. Narcan opioid reversal agents, rescue breathing and positioning, and rapid EMS response saves lives. Awareness drives prevention.

Possible Lives Saved in the US: There are 197 OD deaths per day. Up to 8 lives may be saved per hour.

SAVE A LIFE. GET NALOXONE.

Naloxone stops an overdose caused by opioid pain medication, methadone or heroin. People at risk for overdose and their family and friends can learn to spot an overdose and respond to save a life.

To get naloxone, present this card to the pharmacy staff.

A	B	C	D
MULTI-STEP NASAL SPRAY DIRECTIONS: Spray 1 mL (half of the syringe) into each nostril. NO BRAND NAME/GENERIC COST: \$-\$\$	SINGLE-STEP NASAL SPRAY DIRECTIONS: Spray full dose into one nostril. BRAND NAME: Narcan COST: \$\$\$	INTRAMUSCULAR INJECTION DIRECTIONS: Inject 1 mL in shoulder or thigh. NO BRAND NAME/GENERIC COST: \$-\$\$	AUTO-INJECTOR DIRECTIONS: Use as directed by voice prompt. Press black side firmly on outer thigh. BRAND NAME: Evzio COST: \$\$\$\$

FOR ALL PRODUCTS, repeat naloxone administration after 2-3 minutes if there is no response.

Most insurance will cover at least one of these options, or you can pay cash. All products contain at least two doses.


For more on opioid safety, videos on how to use naloxone, or to get help for addiction, go to PreventOpioids.org

Used with permission from Boston Medical Center

© TMT Global 2021

Med Tac Bystander Rescue Care

Anaphylaxis



Anaphylaxis & Life Threatening Allergies: Many events are unreported; however 22% occur in children without a prior diagnosis of allergies. More than one in twenty adults will have an anaphylactic event in their lifetime. Epinephrine auto-injectors save lives within minutes.

Possible Lives Saved in the US: 1 per day

How To Use An EpiPen

EpiPen is used for severe life-threatening allergic reactions.

Signs & Symptoms

- Lungs: Chest tightness, cough that will not stop, wheezing or shortness of breath.
- Heart: Lightheaded feeling, fainting, weak pulse, or low blood pressure.
- Throat: Tightness of throat, hoarse/scratchy throat or drooling.
- Mouth: Swollen tongue or lips.
- Skin: Swelling or severe itching or hives.

1. Remove cap and hold EpiPen at right angle to skin.
2. Press orange button firmly against skin for 5 seconds.
3. Massage EpiPen against skin for 10 seconds.
4. After using EpiPen, seek medical attention.

References:
www.nationalallergyallergies.org
www.pharmacydirect.co.uk/epipen-adult.html

© TMT Global 2021

Med Tac Bystander Rescue Care

Major Trauma



Major Trauma & Bleeding: Bystander care especially for major bleeding using Stop-The-Bleed techniques of wound pressure, bandages, and tourniquets can have an enormous impact on survival.

Possible Lives Saved in the US: 1 per hour

STOP THE BLEED SAVE A LIFE

1. APPLY PRESSURE WITH HANDS
2. APPLY DRESSING AND PRESS
3. APPLY TOURNIQUET


WRAP WIND SECURE TIME

CALL 911

© TMT Global 2021

Med Tac Bystander Rescue Care

Infection Care



Infection Care: Epidemics, pandemics, and seasonal infections are a leading cause of death. Prevention, preparedness, protection, and performance improvement strategies and tactics are critical to save lives and inform all Med Tac efforts. They are a feature of all Med Tac Bystander Rescue Care.

Possible Lives Incalculable

CLEAN A CUT – SAVE A LIFE

1. CLEAN ONLY WITH SOAP AND WATER
2. APPLY ANTIBIOTIC OINTMENT TO CUT
3. BANDAGE TO WOUND KEEP CLEAN
4. IF HURTS MORE ON DAY 2 - SEE DOCTOR

Clean A Cut – Save A Life: The pathogens of today are very resistant to antibacterial agents and can progress to life-threatening sepsis. So minor cuts and scrapes must be treated immediately and watched closely. Such wounds need to be cleaned quickly, only with soap and water. Alcohol or hydrogen peroxide will harm healing and they harm the infant cells critical to closing the wound.

© TMT Global 2021

Med Tac Bystander Rescue Care

Transportation



Non-traffic Related Vehicular Accidents:

The incidence of non-traffic related drive-over accidents near schools and home is greater than 50 per week. More than 60% of the drivers are a parent or friend.

Possible Lives Saved in the US: Including adults, there are 1,900 deaths per year; many are preventable.



CarrollUniversity

© TMT Global 2021

Med Tac Bystander Rescue Care

Med Tac Bystander Rescue Care

Bullying



Bullying & Workplace Violence:

Bullying and abuse of power in schools and at work can lead to suicide, workplace violence, violent intruders, and active shooter events.

Possible Lives Saved in the US: Difficult to estimate, however the consensus is that they are likely to be very significant.



CarrollUniversity

© TMT Global 2021

Med Tac Bystander Rescue Care

The 5 Rights Frameworks

The 5 Rights Frameworks



© C Overman 2021

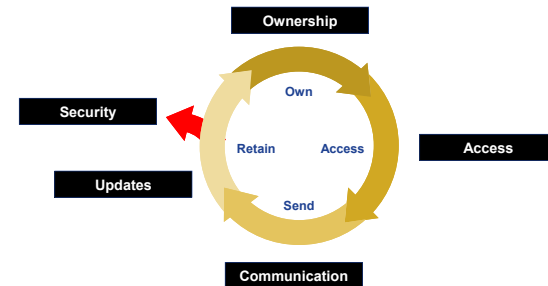
CarrollUniversity

©

Med Tac Bystander Rescue Care

The 5 Rights to Your Medical Records

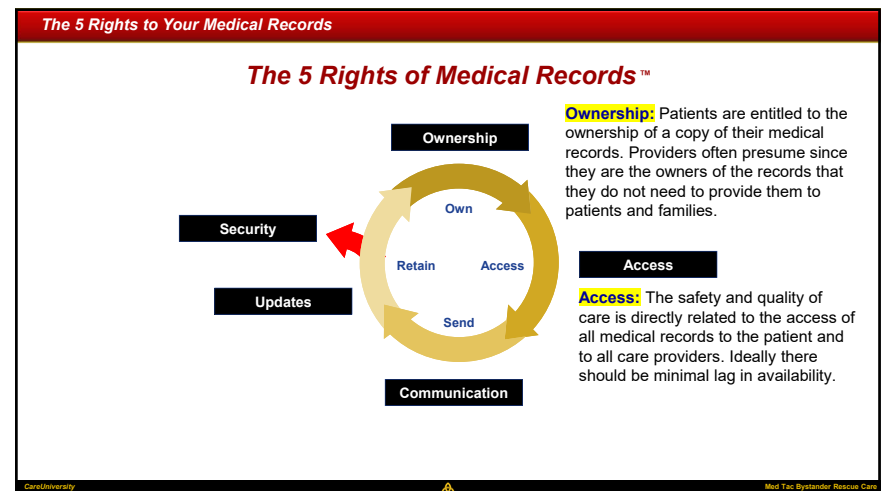
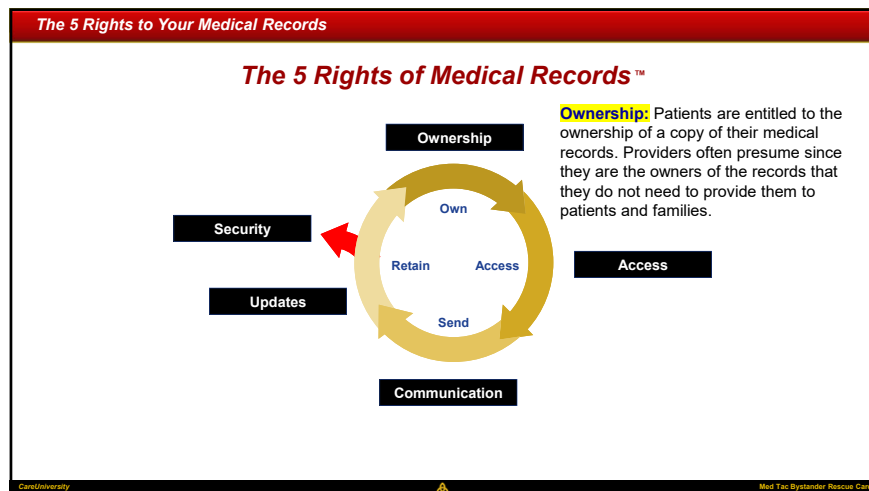
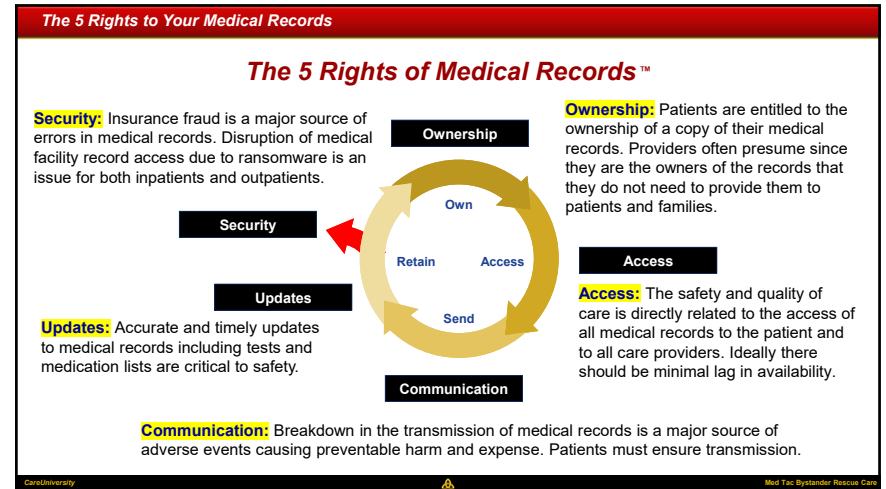
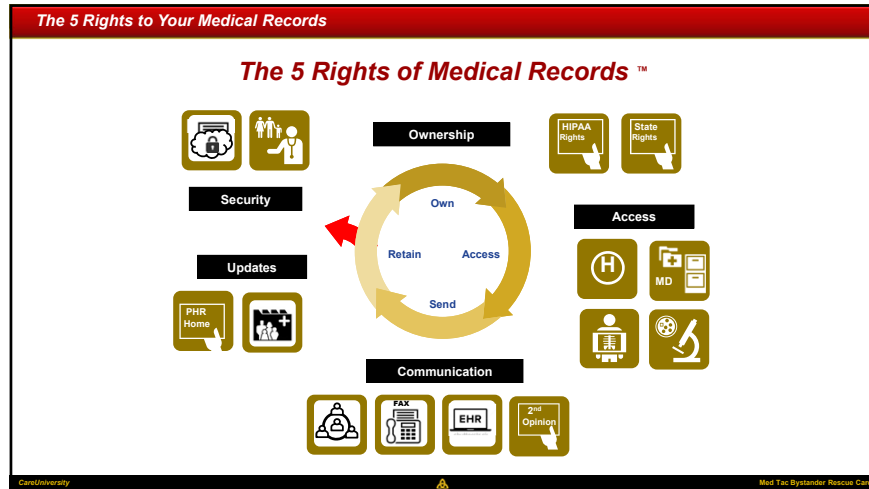
The 5 Rights of Medical Records™



CarrollUniversity

©

Med Tac Bystander Rescue Care



The 5 Rights to Your Medical Records

The 5 Rights of Medical Records™

Ownership: Patients are entitled to the ownership of a copy of their medical records. Providers often presume since they are the owners of the records that they do not need to provide them to patients and families.

Access: The safety and quality of care is directly related to the access of all medical records to the patient and to all care providers. Ideally there should be minimal lag in availability.

Communication: Breakdown in the transmission of medical records is a major source of adverse events causing preventable harm and expense. Patients must ensure transmission.

Security: Insurance fraud is a major source of errors in medical records. Disruption of medical facility record access due to ransomware is an issue for both inpatients and outpatients.

Updates: Accurate and timely updates to medical records including tests and medication lists are critical to safety.

CarrollUniversity Med Tac Bystander Rescue Care

The 5 Rights to Your Medical Records

The 5 Rights of Medical Records™

Ownership: Patients are entitled to the ownership of a copy of their medical records. Providers often presume since they are the owners of the records that they do not need to provide them to patients and families.

Access: The safety and quality of care is directly related to the access of all medical records to the patient and to all care providers. Ideally there should be minimal lag in availability.

Communication: Breakdown in the transmission of medical records is a major source of adverse events causing preventable harm and expense. Patients must ensure transmission.

Security: Insurance fraud is a major source of errors in medical records. Disruption of medical facility record access due to ransomware is an issue for both inpatients and outpatients.

Updates: Accurate and timely updates to medical records including tests and medication lists are critical to safety.

CarrollUniversity Med Tac Bystander Rescue Care

The 5 Rights to Your Medical Records

The 5 Rights of Medical Records™

Ownership: Patients are entitled to the ownership of a copy of their medical records. Providers often presume since they are the owners of the records that they do not need to provide them to patients and families.

Access: The safety and quality of care is directly related to the access of all medical records to the patient and to all care providers. Ideally there should be minimal lag in availability.

Communication: Breakdown in the transmission of medical records is a major source of adverse events causing preventable harm and expense. Patients must ensure transmission.

Security: Insurance fraud is a major source of errors in medical records. Disruption of medical facility record access due to ransomware is an issue for both inpatients and outpatients.

Updates: Accurate and timely updates to medical records including tests and medication lists are critical to safety.

CarrollUniversity Med Tac Bystander Rescue Care